

INTERNATIONAL U20 FOUR COUNTRIES MATCH

HUN - CZE - SLO - SVK

07-07-2019

Olympic Sport Park - Győr

Organizer: Hungarian Athletics Association

TEAM MANUAL

1. Organizing Committee

Competition Director:	Török Lilla
Vice Competition Director:	Gál László
Technical Director:	Rózsa István
Secretary:	Lohn Angéla

The competitions will be conducted under the IAAF rules and agreed events are as follows:

2. Events

Men: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m H (99/13,72-9,14), 400 m H (91,4/45-35-45), 3000 m sc, HJ, PV, LJ, SP (5 kg), DT (1,75 kg), JT (800 g), HT (5 kg), 4x100 m, 4x400 m

Women: 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 100 m H (84/13-8.50), 400 m H (76.2/45-35-45), 3000 m sc, HJ, PV, LJ, SP (4 kg), DT (1 kg), JT (600 g), HT (4 kg), 4x100 m, 4x400 m

3. Participants

Age limit: born in 2000/2001

Participants per event: 2 athletes (except relay).

4. Total number of team

According to signed contract: maximum 80 persons (including coaches and officials and busdrivers).

5. Call Room

Location: at the end of the indoor track near the 100m start.

All athletes must report according to the following times before the start of the corresponding event:

Event	Apply (minutes)	Leaving (minutes)
Track events	15	10
Pole Vault	55	50
Field events	25	20
Hurdles	20	15
Relays	20	15

6. Strater's commands

- for distance up to and including 400 m: „on your mark – set” – shot

- for distance of 800 m and more: „on your mark” – shot

7. Scoring

Individuals: 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 9 - 6 - 4 - 2

8. Starting heights and bar rising

Will be specified during the technical meeting.

9. Equipment control

07-07-2019 from 7:30 till 14:00 in the technical room which is located behind the stands of the home straight.

10. Competition bibs

Each athlete will receive 2 bibs which will be displayed on the chest and on the back, except in the High Jump, Pole Vault and Long Jump events where one number only may be worn.

Teams will get the bib numbers during the technical meeting in the Stadium as well as the meal tickets.

11. Entries

Entries have to be sent till 12:00 02-07-2019 via e-mail: versenyiroda@atletika.hu

Each entry must contain full name, date of birth and season's best of the competitor in the specific event.

12. Arrival and Accommodation

Saturday, 06-07-2019 between 15:00 and 17:00 to the Hotels.

Addresses:

Hotel Rába: 9021 Győr, Árpád út 34. (Teams: CZE, SVK)

Famulus Dorm: 9027 Győr, Budai út 4-6. (Team: SLO)

Address of the Stadium: **Olympic Sport Park**, 9025 Győr, Radnóti utca 46.

Training possibilities here from arrival till 18:00.

Accommodation, Meals and Food Package are provided up to 80 persons for every national team. Persons above this limit must be announced by Tuesday, 02-07-2019.

The price of every extra person must be paid by the Team Leaders in the hotels on site by cash.

These people can stay in Rába Hotel or in Famulus Dorm.

Price is about 75.- €/person including dinner, breakfast and lunch.

13. Meals

07-06 18:00 – 21:00 Dinner in the Hotel/Dorm

07-07 6:30 – 9:30 Breakfast in the Hotel/Dorm

07-07 11:00 – 15:00 Lunch in the Olympic Sport Park

Every team will receive a food package for the trip back home.

14. Technical Meeting

Technical Meeting will be held at the indoor track on 06-07-2019 at about 17:00 (before dinner).

Maximum 2 participants from each team are allowed.

15. Others

- Warm-up area:* For each event: on the OSP's 4-lane, 400m-level warm-up track.
Specialy for throws: on a separately designated and controlled place,of the warm-up track, but only rotations are possible, throws are forbidden!
- Dressing rooms:* at the hotels or at the Stadium.
- Opening Ceremony:* From each team 5 participants can take part in. Details at the Technical Meeting.

Timetable

Call room		Start	Events	
Last call	Leaving			
8:35	8:40	9:00	hammer throw	women
		9:45	OPENING CEREMONY	
9:05	9:10	10:00	pole vault	women
9:35	9:40	10:00	triple jump	men
9:55	10:00	10:10	3000 m	women
9:55	10:00	10:20	hammer throw	men
10:15	10:20	10:30	5000 m	men
10:55	11:00	11:10	200 m	women
11:05	11:10	11:20	200 m	men
11:05	11:10	11:30	shot put	women
11:15	11:20	11:40	triple jump	women
11:15	11:20	11:40	javelin throw	women
11:20	11:25	11:40	100 m hurdles	women
11:15	11:20	11:45	high jump	women
11:35	11:40	11:55	110 m hurdles	men
11:55	12:00	12:10	400 m	women
12:05	12:10	12:20	400 m	men
12:20	12:25	12:40	400 m hurdles	women
12:35	12:40	12:55	400 m hurdles	men
12:35	12:40	13:00	shot put	men
12:35	12:40	13:00	javelin throw	men
12:35	12:40	13:05	long jump	men
12:55	13:00	13:10	800 m	women
13:05	13:10	13:20	800 m	men
13:00	13:05	13:30	high jump	men
13:20	13:25	13:35	100 m	women
13:30	13:35	13:45	100 m	men
13:05	13:10	14:00	pole vault	men
13:45	13:50	14:00	1500 m	women
13:55	14:00	14:10	1500 m	men
13:55	14:00	14:20	discus throw	women
14:00	14:05	14:25	long jump	women
14:10	14:15	14:35	3000 m steeple chase	women
14:30	14:35	14:55	3000 m steeple chase	men
15:10	15:15	15:30	4x100m	women
15:15	15:20	15:40	discus throw	men
15:25	15:30	15:45	4x100m	men
15:40	15:45	16:00	4x400m	women
15:55	16:00	16:15	4x400m	men
		16:30	TEAM AWARDS CEREMONY	